



Using Loving Support To

GROW AND GLOW in WIC



*Breastfeeding is a gift
that lasts a lifetime.*

Adapted from the United States Department of Agriculture, Food and Nutrition Service and Every Mother, Inc.
For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).
This institution is an equal opportunity provider. Washington State WIC Nutrition Program does not discriminate.



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*Yes, you have
enough breastmilk.*

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*Breastfeeding makes you
feel good about yourself.*

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Loving  *support*
makes breastfeeding work



DOH 960-321 March 2011

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*Breastmilk is the best food
you can give your baby.*

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USDA Food & Nutrition Service

PUBLIC HEALTH
HEALTHIER WASHINGTON

Washington State Department of Health
DOH 960-321 March 2011

Washington State WIC Nutrition Program



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Growing Healthy Babies Through Breastfeeding

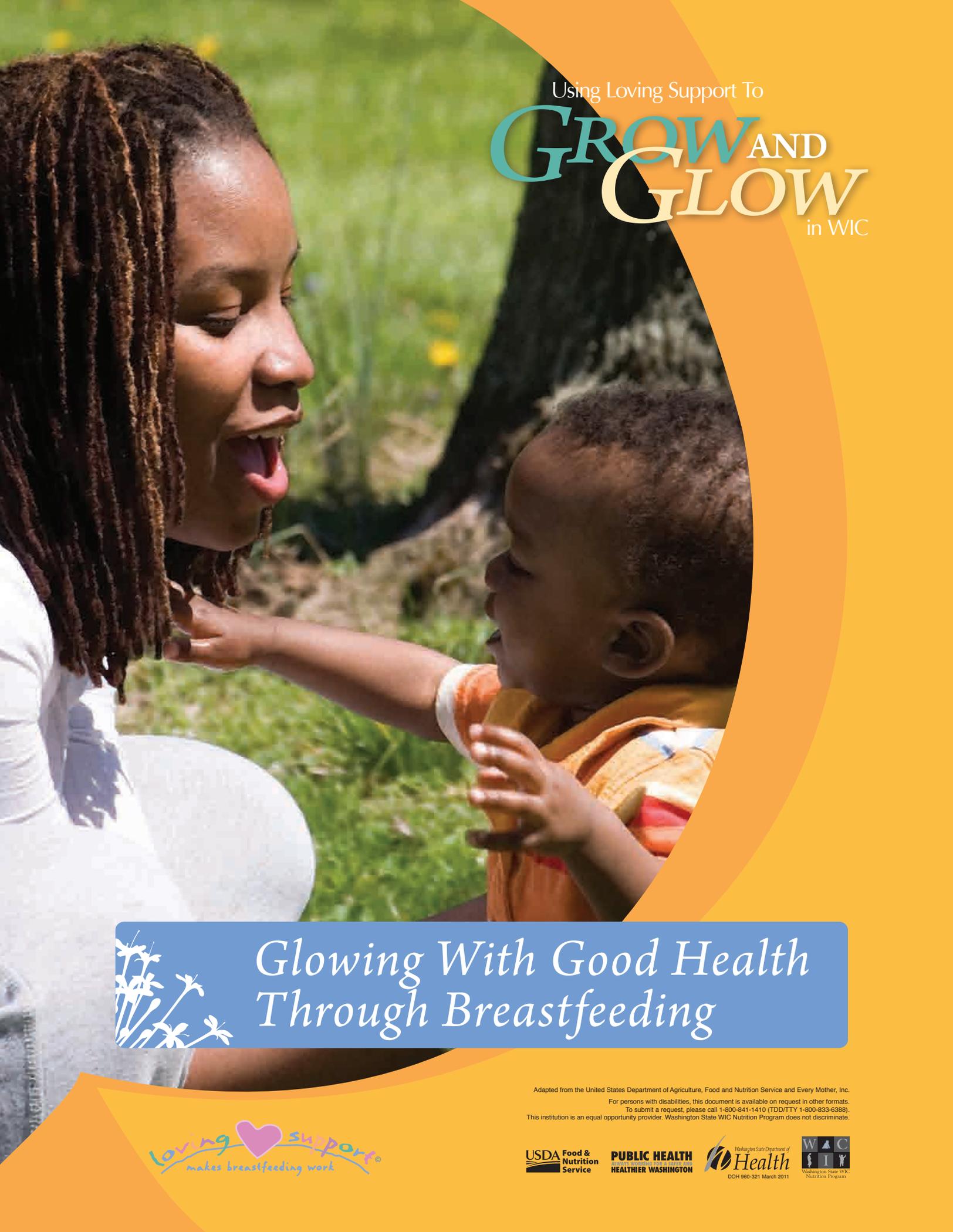
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Glowing With Good Health Through Breastfeeding

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